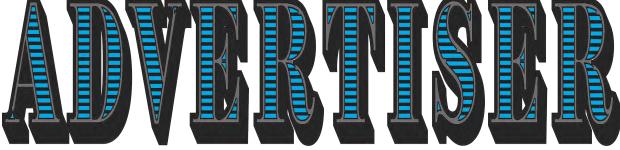
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• Saturday, April 12, 2025 - Farm Machinery Auction at 11:00 a.m. located at the farm 2 1/2 miles North of Concordia on Highway 81 to Wagon Road then West 2 ½ miles (2307 N 120th Road Concordia, Ks) Tractors, Combines, Headers, Trucks, Trailers and Machinery. Merl and Jackie Ramsey, Sellers. **Thummel Real Estate** & Auction LLC, 785-738-0067

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SUPPER

· Wednesday, April 2, 2025 - Cloud County **Community Supper**

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• Wednesday, April 9, 2025 - Cloud County **Community Supper** from 5:00 to 6:00 p.m. Free Hot Meal, All Are Welcome! Concordia National Guard Armory, 2115 Blosser Drive. Curbside Pick Up Only! For information, call (785) 614-0148.

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By Annie Bergmann, Chamber Director

Please join us on April 1, 2025, from 8:00 a.m. to 9:00 a.m. for our weekly Chamber Coffee. If you are interested in becoming a Chamber Member or being a Chamber Coffee Sponsor, please contact Annie Bergmann at 785-243-4290 or email info@concordiakansaschamber.com

Join us for coffee and donuts. Donuts provided by Me and Ma's Bakery. Keep up to date on all the events and activities happening in Concordia and the surrounding area. Our coffee sponsor for April 1, 2025, is Nex-Tech Wireless.

Nex-Tech Wireless is the sponsor for the April 1st Chamber Coffee. Join us as we discuss exciting promotions for new and existing customers, new products, the history of Nex-Tech Wireless and its commitment to the Concordia community.

Nex-Tech Wireless' local store is at 132 West Sixth St. in Concordia, open Monday through Friday 9 a.m. to 6 p.m. and Saturdays 10 a.m. to 2 p.m. They offer a wide variety of devices including the latest iPhone and Galaxy series phones as well as tablets and wearable devices. The newest addition to the NTW lineup is Mobile Outfitters screen protection which features scratch and impact protection as well as a lifetime warranty! It's also available on hundreds of devices!

Nex-Tech Wireless, a subsidiary of Nex-Tech Inc./Rural Telephone, Golden Belt Telephone and Tri-County Telephone, is a premier wireless provider offering wireless solutions to residents in over 40 counties of central and western Kansas. Nex-Tech Wireless' mission is to provide an unrivaled customer experience by bringing trusted technology and superior service to their hometowns. To learn more about Nex-Tech Wireless, visit their location in Concordia – 132 West Sixth St., www.nex-techwireless.com or call 1-800-621-2600.

Now going on: Spring Punch Card Promotion starting March 28, 2025, through 11:45 a.m. April 17. Chamber Bucks to be given away are 1-\$200; 4-\$100, and 1-\$50 on April 17.



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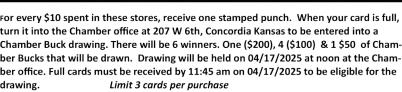
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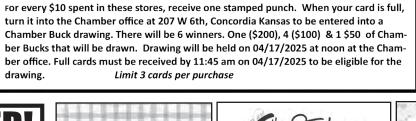
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Penny Pinching: Money-saving ideas for buying groceries, cooking at home

K-State experts share tips during Living Well Wednesday webinar

BY PAT MELGARES

K-State Research and Extension news service

MANHATTAN, Kan. – It's a question on many consumers' minds currently.

What if you could save 'blank' dollars per month at the store, and it would only take you 'blank' minutes per week?" said Janelle VanKooten, a regional specialist for the Supplemental Nutrition Assistance Program Education (known as SNAP-Ed) in northwest Kansas.

Sounds like a good idea, right?

"Filling in the blanks here will probably look different for each of us, because we all have different budgets, different schedules and different taste preferences that we're working with," VanKooten said. "But for reference, if you shop once per week – about four times per month – and you lower your shopping costs by \$12.50 per week, you would save \$50 in one month" or \$600 each year.

VanKooten and Ashley Svaty – K-State Research and Extension's family and consumer sciences specialist in northwest Kansas – were the featured speakers during the Living Well Wednesday series, a free online program offered the second Wednesday of the month in the spring and fall.

Their session was titled, 'Pinchin' Pennies in the Kitchen.

"You don't have to do a complete overhaul of your budget or how you shop in order to save money,' VanKooten said. "I encourage you to pick one or two adjustments that would work well for you and make them good, solid habits.'

Some helpful tips to help save money and time include:

Make a weekly dinner plan

VanKooten suggests marking on a menu calendar which nights you might be able to prep food, and which nights that might not be possible.

"This allows you to plan a meal a day or two ahead of time, and then plan on leftovers for busier nights, or to shop for items that will not take a lot of time to prepare," she said.

Use what you have on hand

VanKooten uses an example of what to do with leftover bread: "In my house, it's usually (used for) French toast or sandwiches. When you're planning your grocery list, see what you have on hand and then you can plan your grocery list based on what items you need

VanKooten noted that the U.S. Department of Agriculture's MyPlate website – a guideline for Americans to eat more healthfully – has an online menu planning calendar to help develop a grocery list.

Shop from the sale flyer

VanKooten encourages consumers to fill in their menu for the week with sale items. "Look for things that could work for you and your family," as opposed to just buying sale items, she said.

Buying store brands can save you money

Svaty acknowledges that some brands simply don't taste as good as the national brand, "but be open to the idea of trying cheaper brands if you see them.'

"You'll win sometimes, but sometimes your family will prefer the other brand," she said.

Buy items in bulk

Many foods can be bought in bulk to save your family money, such as meat, oatmeal, rice, pasta and canned goods. These foods can be stored safely and used over time.

"When it's on sale, meat can be purchased in bulk and frozen for later use," Svaty said. "It can help save more than just a few pennies in the kitchen."

Pay attention to unit pricing

Svaty said convenience often means you're paying

more for the same amount of product.

"For example," she said, "for \$2.99, we can purchase six ounces of chopped onions, or we can purchase one pound of onions for sixty-nine cents. You can get 4.33 pounds of onions for the price of that six ounces. I will gladly chop my own onions for that cost savings.'

Svaty adds: "Paying close attention to unit pricing on all items and comparing items will save you money, not just on produce and convenience items."

Fruits and vegetables

"It is possible to eat nutritiously on a budget," Svaty said. "And you can save money by shopping your store's sale items.'

For example, if planning a recipe that calls for a certain fruit or vegetable, switch it up with an alternative that is currently on sale. "If you need an out-of-season option, you can instead choose frozen, canned, or even dried," Svaty said.

Some items are nearing their sell-by dates; Svaty urges consumers to look for products that they will use in meals within a day or two to take advantage of marked-down prices.

Make a list...and stick with it!

"I'm thinking of some of the non-essentials that my family might want and that I might just throw into the cart," Svaty said. "Well, those really add up...as much as \$20 per week."

She adds: "Think of that over a year; how much could that save you? Stick with the list and what you have planned.

Watch the prices at the checkout stand

Mistakes happen; sometimes foods ring up at the wrong price. "You've done all this work to plan and have taken the time to find your deals," Svaty said. "If your foods don't ring up at the right price, and you don't catch it, that can be a bummer."

Eat — and plan for — leftovers

Leftovers not only reduce food waste, but also cut down on meal prep time - which is especially useful on nights when families have other activities going on.

"Some options might be to double a recipe on a night when you cook," VanKooten said. "Another might be when you're browning hamburger for one meal, plan another meal that includes ground beef and cook both meals on the same night" - such as tacos one night and spaghetti the next.

VanKooten and Svaty also encourage consumers to remember food safety in the kitchen, including the principles of Clean, Separate, Cook and Chill. More information is available online at foodsafety.gov, and from local extension offices in Kansas.

College of Veterinary Medicine announces new Veterinary **Training Program for Rural Kansas awards**

MANHATTAN — Seven students in the College of Veterinary Medicine at Kansas State University have been chosen for the Veterinary Training Program for Rural Kansas, or VTPRK, a loan forgiveness program funded by the state of Kansas.

The new recipients are first-year veterinary students **Alexis Hansen, Belleville**; Katherine Mongeau, Garden City; Madison Evje, Manhattan; Jenna Spencer, Mound City; Harley Allen, Parsons; Sydney Rohlman, Pretty Prairie; and Callista Moore, Topeka.

"This class of candidates was very competitive," said Hodes Family Dean Bonnie Rush. "These awardees join a tradition of excellence established by talented and dedicated VTPRK alumni who are serving livestock producers and pet owners in rural areas across the

The Veterinary Training Program for Rural Kansas was originally passed by the state Legislature in 2006 as a financial incentive to provide rural areas in Kansas with committed veterinarians, and it was enhanced in 2022 based on the program's demonstrated success in increasing the availability of veterinary care in rural Kansas.

Currently, upon completion of their Doctor of Veterinary Medicine degree, each student is required to work at a full-time veterinary practice in one of 92 Kansas counties with fewer than 40,000 residents. For each year the students work in rural Kansas, up to \$25,000 per year of qualifying student loans are forgiven over a period of four years.

As of September 2024, 89 students have been accepted into the program, and 98% of graduates are fulfilling or have met their loan obligation through service in a Kansas rural county. Ninety-four percent of previous graduates who completed their four-year obligation remain in a qualifying county. Seventy-seven percent remain in the original practice and community they entered after graduation. Graduates who do not fulfill service requirements must repay the loan, and the repaid funds are reinvested through the addition of students to the program.

Part of the required training includes the completion of a Food Animal Veterinary Certificate. The students also spend time during the summer and breaks in the academic year learning about foreign-animal disease preparedness, natural disaster response, rural sociology, small business management and public health. During their clinical year, they will spend three weeks in a rural veterinary practice, applying the principles of small business management to rural veterinary prac-

K-State veterinarian warns of common pet poisons

MANHATTAN — Not all household items are as harmless as they seem — some can unexpectedly impact pet health. In recognition of National Poison Prevention Week, Kansas State University's Susan Nelson, clinical professor and veterinarian in the Hill's Pet Health and Nutrition Center, highlights everyday items pet owners should be mindful of to keep their animals

Medications — both human and veterinary — pose serious risks to pets, Nelson said. Over-the-counter and prescription drugs, including vitamins, ibuprofen and naproxen, are common culprits for accidental ingestion, either from dropped pills or chewed-up bottles. Nonsteroidal anti-inflammatory drug overdoses can lead to kidney and liver failure.

"ADHD meds, heart medications, inhalers and, most recently, GLP-1 injectable medications can be deadly if ingested or injected in some cases," Nelson said. "There have now been several cases of diabetic pets being accidentally injected with GLP-1 medications instead of their insulin due to the similar look of the injection devices. This results in severe vomiting, diarrhea and life-threatening low blood sugar levels.'

Veterinary medications can also be dangerous, especially flavored chewable prescriptions that may encourage accidental overdoses.

"It is common for pet parents to accidentally apply canine flea and tick products containing permethrins to their cats, which can lead to death for our feline friends," Nelson said.

She added that many common foods are toxic to pets, including chocolate, xylitol-sweetened products, grapes, raisins, yeast bread dough, protein bars, onions and garlic. Beverages such as protein shakes and alcohol can also be harmful.

'Beverages can be lapped up when spilled, ingested when the container is chewed up or intentionally given by people," Nelson said. "The protein shakes contain more vitamins than your pet needs and often include milk and xylitol for sweetening — the latter can cause life-threatening low blood sugar and liver failure."

Cleaning supplies and everyday household products also pose risks to pets.

"Pets are often harmed by household cleaners when they lick the liquid off their feet after walking through wet areas or when the cleaner spills onto their fur," Nelson said. "Many of these products are very corrosive and can damage the mouth, esophagus or gastrointestinal tract. Others can cause organ damage when ingested. Some can cause respiratory and eye irritation when pets are exposed to the fumes.'

Rat poison can be fatal to pets if ingested. If used in the home, it should be placed in areas completely inaccessible to animals.

"Gorilla Glue can also be problematic if ingested," Nelson said. "When this type of glue mixes with stomach fluid or acid, it rapidly expands into a very large, firm foreign body obstruction in the stomach that, if not surgically removed, can be life threatening.

If a pet encounters a harmful substance and a veterinarian is unavailable or unfamiliar with the specific toxin, Nelson recommends contacting the Pet Poison Helpline from the 24/7 Animal Poison Control Center at 855-764-7661 or the Animal Poison Control hotline from the American Society for the Prevention of Cruelty to Animals at 888-426-4435.

Have a Great Week & Weekend!!

Extension Extra

KELSEY HATESOHL, HORTICULTURE EXTENSION AGENT River Valley Extension District Kansas State Research & Extension

K-State Garden Hour Watch Party

Join us for a fun, new event! Kelsey Hatesohl, River Valley horticulture agent, is partnering with the Belleville Public Library to host a watch party for the K-State Garden Hour. The K-State Garden Hour is a free webinar series hosted by K-State Research and Extension horticulture staff across the state. Kelsey will be showing the webinar live in the library meeting room (1327 19th Street, Belleville, KS 66935) and will be there to answer any horticulture related questions.

This watch party will be for the next three months. April 2nd, May 7th, and June 2nd. Each month a new topic is covered. The April 2nd topic is Methods to Increasing Vegetable Yield. The May 7th topic is Heat Loving Perennials for Kansas. The June 2nd topic is Native & Ornamental Grasses of Kansas. Each webinar presentation is given live with a 45-minute presentation and then 10-15 minutes for Q&A. The webinar will be from 12:00pm-1:00pm. Questions regarding this watch party please contact Kelsey Hatesohl at the Washington Extension Office at 785-325-2121 or email her at khatesohl@ksu.edu.

Time to plant potatoes in Kansas

K-State horticulture expert shares tips for successful crop

K-STATE RESEARCH AND EXTENSION NEWS SERVICE

MANHATTAN, Kan. — For Kansas gardeners, St. Patrick's Day means something much more than donning a favorite green outfit and heading to local celebra-

Traditionally, the Irish holiday signals the date for planting potatoes.

"Actually, anytime from mid- to late-March is fine for potato planting," said Kansas State University horticulture expert Cynthia Domenghini.

"Be sure to buy seed potatoes rather than using those intended for cooking. Seed potatoes are certified disease free and have plenty of starch to sprout as quickly as soil temperatures allow."

Domenghini notes that most seed potatoes can be cut into four pieces - "though large potatoes may yield more," she said. Each seed should weigh between 1 1/2 to 2 ounces, and likely have more than one eye.

Each pound of seed potatoes should yield 8 to 10 pieces, according to Domenghini.

'Cut the seed 2 to 3 days before planting so that freshly cut surfaces have a chance to suberize, or toughen, which provides a protective coating," Domenghini said. "Storing seed in a warm location during suberization will speed the process."

Domenghini recommends planting each seed piece 1 to 2 inches deep and 8 to 12 inches apart in rows.

"Though it is important to plant potatoes in March, they emerge slowly," she said. "It is often mid- to late-April before new plants poke their way through the soil. As the potatoes grow, pull soil up to the base of the plants. New potatoes are borne above the planted seed piece and it is important to keep sunlight from hitting the new potatoes."

Domenghini said exposed potatoes will turn green and produce a poisonous substance called solanine. Keeping the potatoes covered will prevent this.

Domenghini and her colleagues in K-State's Department of Horticulture and Natural Resources produce aweekly Horticulture Newsletter with tips for maintaining home landscapes and gardens.

Interested persons can subscribe to the newsletter, as well as send their garden and yard-related questions tohortsupport@ksu.edu, or contact your local K-State Research and Extension office.

Cattle Chat: Managing weight gain in cattle

BY LISA MOSER

K-State Research and Extension news service MANHATTAN, Kan. — It is common knowledge that people's metabolism slows as they age. Similarly, cattle also experience changes in their metabolism as their body ages, say the experts at the Kansas State University

Speaking on a recent Cattle Chat podcast, the team of experts addressed a question from a listener about the relationship between the amount of time cattle spend in the feedyard growing to a weight of 1,400 pounds, and the average daily gain they experience during that time period.

Beef Cattle Institute.

"The daily growth or average daily gain of cattle decreases over time because of how the composition of the gain changes," K-State beef cattle nutritionist Phillip Lancaster said. "Calves that are younger and lighter weight are going to deposit a higher portion of lean tissue for each pound of gain, and as they move closer to a processing weight, they will be adding a higher proportion of fat in each pound of gain.'

He said that lean tissue consists mostly of water and that makes the cattle more efficient with their feed consumption. Thus, cattle will gain weight at a slower pace as they get closer to their finished weight.

"An average daily gain of 2.5 pounds per day is a reasonable amount of gain, but it will be a different type of gain depending on where that animal is in the feeding period," K-State veterinarian Brian Lubbers said.

The amount of gain can be measured by weighing the cattle at different points in the feeding period, Lubbers

"Just know that if the goal for the whole feeding period is an average daily gain of 2.5 pounds and they are only gaining that in the first period, they will be behind at the end of the feeding period," Lubbers said.

To address that feeding challenge, Lancaster said, "just figure out the target gain for each of those weight periods and adjust the diet accordingly to meet the end

To hear the full discussion, listen to Cattle Chat on your preferred streaming platform.



LAUNDRY LOVE

Free Laundry for the Community offered by OCCK Inc. and Laundry-Love.org at 1548 Lincoln St., Concordia, Kansas. Laundry Love provides free access to washers, dryers, and detergent, helping participants wash work uniforms, school clothes, and other essentials. Events held twice a month: The first Wednesday of each month: 8:30-10:30 a.m. and the third Wednesday: 4:00-6:00 p.m.

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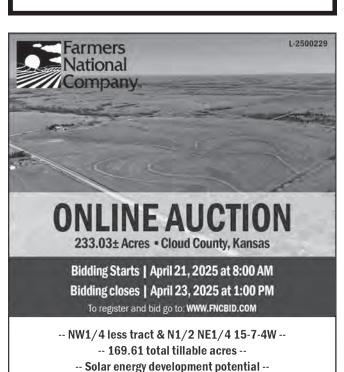
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K-State to offer animal sciences leadership academy this summer

Annual event draws high school students from across the country

K-STATE RESEARCH AND EXTENSION NEWS SERVICE

MANHATTAN, Kan. - Kansas State University is now taking applications for a four-day leadership academy for high school students that have an interest in the livestock industry and related careers.

The Kansas State University Animal Sciences Leadership Academy is an intensive four-day educational experience designed to enhance the leadership skills and animal science knowledge of students in grades

This is the 16th year of the academy, hosted by K-State's Department of Animal Sciences and Industry in Manhattan and set for June 11-14. Applications are due April 15, and can be found at asi.ksu.edu/KASLA.

Mike Day, head of K-State's Department of Animal Sciences and Industry, said the academy's goal is to develop young leaders within the livestock industry and prepare them for a successful future in the field.

"If you're a high school student interested in animal science, the K-State Animal Sciences and Industry Leadership Academy program is a valuable opportunity to explore the diverse careers within the industry," Day said.

He added that participants will have numerous opportunities to interact with industry leaders, faculty, and peers; and get an up-close look at the department's new facilities currently under construction.

"We appreciate the industry stakeholders who make this program possible, supporting the development of the next generation of agriculture leaders," Day said.

The academy is sponsored by the Livestock and

Meat Industry Council, Inc.

The program's itinerary features interactive workshops, tours and faculty mentor time with animal science professors. Industry leaders will also join the participants frequently to share their knowledge and expertise.

Throughout the week, participants will work in teams to evaluate current events within the animal science industry and educate others. This experience will culminate with team presentations and a closing reception on the final morning.

Josie Kueser, a 2024 KASLA participant, said she "would absolutely recommend KASLA to anyone interested in being a leader in the agriculture industry, especially animal science."

"It was an amazing experience that opened my eyes to a variety of businesses and industry fields I would have otherwise not known about. One of my biggest takeaways from KASLA was the endless career opportunities for leaders in animal science."

Organizers say only 20 students will be accepted for the 2025 session to ensure individualized attention from counselors, professors, and industry leaders. Participants will stay on campus in university housing with program staff for the duration of the event.

Transportation to and from the event is the responsibility of the participant, along with a \$50 fee to reserve his or her space. The fee is only due upon acceptance and not at the time of application. LMIC generously provides all other sponsorships.

For more information, contact academy director Sharon Breiner at sbreiner@ksu.edu or 785-532-6533.

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